

Abstract

Title: Basic step of acrobatic rock and roll for school age children

Obejctives: Unification of requirements to make the basic step and the subsequent recommendation of exercise necessary for its proper execution is the goal of the work. Also analyzes the overall situation in terms of further development and evaluation in our country and in the world. Bachelor thesis is focused on the younger school age children.

Method: Research was by using standardized interview. The research group consisted of five couaches of acrobatic rock and roll.

Results: Based on literature and information obtained from the interview, I decided the basic step is according to the practice a long-term matter. Because of the inssuficient description in the rules of the acrobatic rock and roll, is its tuition as well as the evaluation completely different. That is why I have proposed a unified description of the basic design step and exercises necessary for its implementation.

Keywords: Acrobatic rock and roll, movement preparation, basic step